

FREE WORKSHOP

5 Ways to Wellbeing



This practical, interactive workshop introduces you to five simple and effective ways to improve your psychological, emotional and physical health.

Tuesday 27 October

10AM to 12PM

5:30PM to 7:30PM

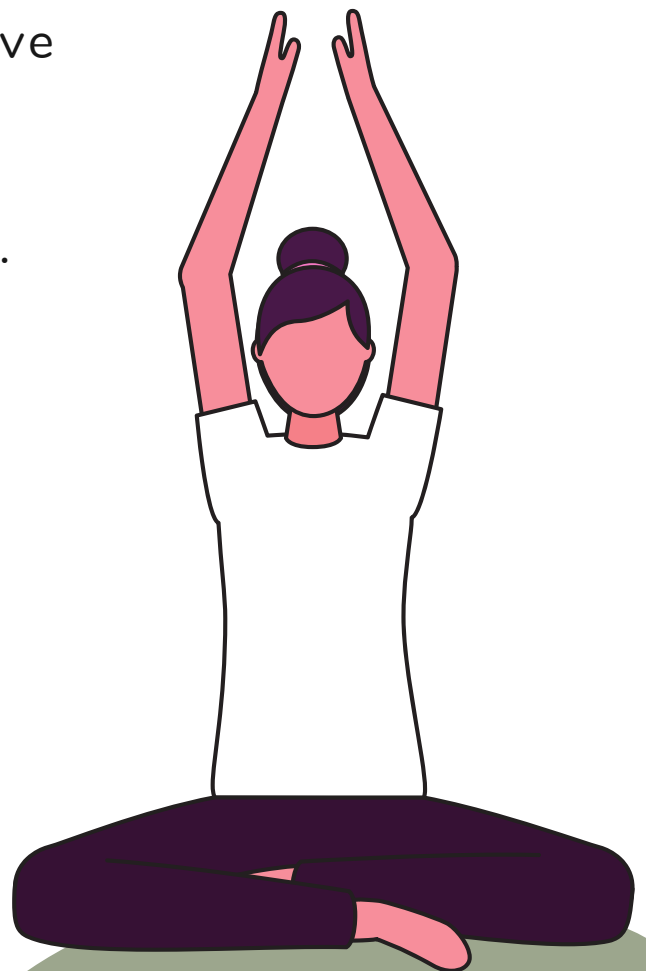
Gerringong Bowlo

(in the upstairs room)

For bookings and enquiries:

Suzette.laird@kcc.nsw.edu.au

Or text 0418 225 239



Health
Illawarra Shoalhaven
Local Health District

